

CDC Vital Signs

Preventing Stroke Deaths

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Every 40 seconds, someone in the U.S. has a stroke; each year, more than 140,000 people die and many survivors face disability. *Eighty percent* of strokes are preventable. High blood pressure is the most important treatable risk factor for stroke. Preventing, diagnosing, and controlling blood pressure through lifestyle changes and medicine is critical to reduce death and disability. Other risk factors that can be controlled include high cholesterol, obesity, diabetes, and smoking. Recognize the signs of stroke with F.A.S.T. and get help immediately.

F.A.S.T. stands for:

Face: Ask the person to smile. Does one side droop?

Arms: Ask the person to raise both arms. Does one drift downward?

Speech: Ask the person to repeat a simple sentence. Are the words slurred?

And Time: If the person shows any of these symptoms, call 9-1-1 right away.

To learn more, visit [cdc.gov/vitalsigns](https://www.cdc.gov/vitalsigns).

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.